



CARA

Children At Risk In Asia

CARA is a UK-based charity that supports children in Asia by providing financial and in-kind support directly to local organisations in the field.

We are:

- Non-political
- Non-religious
- Strongly committed to the best interests of the child and the UNCR.

www.carauk.org

Newsletter

Merry Christmas from CARA!

Welcome to CARA's Christmas newsletter. As we celebrate Christmas with our loved ones in the UK, you can find out more about our partners' work keeping families on the Thai-Burma border together through the toughest of times.



Inside this newsletter you'll find the latest news from CARA and our partners, including a 2015 fundraising update and an interview with CARA's Chairman of Trustees. Don't miss out on details of our Christmas Appeal, through which we're trying to raise £3,000 for our partner One Sky Foundation to support their work with education in 2016. On behalf of everyone at CARA, we thank you for your generous support in 2015. We wish you a very merry Christmas and all the best for the New Year!



Support Education This Christmas!

This festive season we're running a Christmas Appeal to support our partner One Sky Foundation's work facilitating education access in Thai-Burma border communities.

On the Thai-Burma border barriers preventing children from going to school

include poverty and geographical

isolation. Poor access to education can lead to family breakup, as families place their

children in a children's home in the belief that this is the only way for their children to go to school.



Our partner One Sky Foundation is working to tackle these issues, providing support for children to go to school while they stay with their families. Just £10 is enough to transport a child from a remote village to school for a whole month.

To donate to our Christmas Appeal visit:

<http://campaign.justgiving.com/charity/carasia/xmas2015>



Volunteer Stories: Web Design in the Jungle

CARA volunteer James has been working with our partner One Sky in Sangkhlaburi since June, helping them create a brand new website.

(www.oneskyfoundation.org).

Speaking about his experiences, James says, "It can be a challenge doing web design in a town where power cuts are a regular occurrence! But it's been extremely rewarding and I've enjoyed learning about One Sky's work".



2015 Fundraising Update

Thanks to the help of our generous supporters, in 2015 CARA has raised £11,075 for our partners in Asia.

This year, funds transferred to our partner BHI paid for medical costs and transport to hospital for 8 poor families, supported a very sick teenager with cerebral palsy, and provided basic food assistance for 77 children and pregnant women. Funds from CARA also enabled BHI to provide support to two girls raped by their stepfathers.

Funds transferred to **One Sky** were also a huge help, enabling them to provide food support to 20 families each month and support urgent medical costs. CARA funds covered vital salary costs for one of One Sky's local staff who speaks 5 languages, as well as funding a pilot project offering remedial Thai classes to children struggling to stay in school due to poor language skills.

CARA Adviser Andy, who works closely with CARA's partners on the Thai-Burma border, says, "CARA funds give us an invaluable ability to make an immediate and targeted response for families and children in need".

A big thanks to all of our supporters for your generosity this year!



News from our Partners:

One Sky Foundation



1. In October One Sky held a two-day Family Camp, aiming to strengthen and reconnect families who have already suffered or are at risk of suffering family separation. Six families attended the camp, which included activities such as setting goals for members of the family to work towards. The camp was a success and One Sky staff have since followed up with families to check how they are progressing. One Sky looks forward to another family camp in December!
2. Many of the children One Sky works with in Thailand come from across the border in Myanmar. In November One Sky held two Community Mapping workshops with local community members, aiming to find out more about populations and services across the border. Participants worked to create a detailed map of the Myanmar border town of Payathonzou, just 20km from One Sky's office in Sangkhlaburi. Workshop facilitator Karen said, "Understanding needs in Sangkhlaburi means understanding needs across the border. Thank you to the participants who helped us by sharing their knowledge!"
3. One Sky has been working hard this year to strengthen their work on family reintegration. This year One Sky staff attended trainings with Lumos in the UK, and with Hannah Won from the Residential Care Network in Sangkhlaburi. While family reintegration is a slow process, the team have already seen success this year, reintegrating a small number of children with their families.





Border Health Initiative (BHI)



1. In November BHI's co-founder, Dr. Larry, joined BHI for a mobile clinic visit to the remote village of Htee Wah Doe, where a small clinic built by BHI over a year ago is still in full and active use - see right!
2. BHI's latest round of child health checks has begun in remote Myanmar village schools. Just this week the team found a young child who had been given a traditional treatment following a dog bite: chewing rice and then pushing it into the wound. The team made sure the child received rabies injections. A 13-year-old girl nearby died from rabies a few months ago and the team has been working hard to promote understanding about the risks.
3. 2015 has been a difficult year for BHI, as they have struggled to stretch available resources to cover their programmes. Late this year BHI received the great news that two charitable foundations – Child's Dream and the Slingshot Development Fund – will be supporting their work going forwards. We congratulate BHI on this exciting news!



Meet CARA: Q&A with Colin Lillicrap (CARA Chairman of Trustees and Treasurer)

Q: Why did you decide to create CARA?

A: After visiting Sangkhlaburi twice and meeting the people working for One Sky and BHI, it was clear to us that they were doing essential work but faced a constant struggle for funding to continue their services. We saw a need for a UK based charity working in partnership with them to raise funds in the UK

Q: What do you think makes CARA unique?

A: CARA has direct links to One Sky and BHI, and has an established relationship with their local staff. We can guarantee that 100% of donations to CARA are used for the benefit of children in need. All of CARA's running costs are met by our trustees. We operate through our many volunteers and have no paid staff.

Q: What does your position as Chairman of Trustees involve?

A: I chair the trustee meetings and take responsibility for the administration of the charity. This includes managing the accounts, transferring money and making applications to charitable trusts for donations.

Q: Do you have a Christmas message for CARA's supporters?

A: Thanks to the generosity of our many supporters, CARA has helped to improve the lives of many hundreds of children in 2015, working through our partners. Our Christmas Appeal aims to provide urgently needed funds for our partner One Sky, to allow them to continue operating at the same level in 2016.